

Supply Chest

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Ready - Resourceful - Responsive!

Vol. 56 No. 15

Mr. Security marks 50 years of government service

Editor's note: This is the first part of a two-part story highlighting the 50-years (so far) of government service by FISC Norfolk Security Director Mr. Bobby Whittington. The first part will focus on his 30 years on active duty in the U.S. Air Force. Part two will focus on his last 20 years here at FISC Norfolk.

In 1954, Dwight D. Eisenhower was President of the United States, and there were significant happenings within the U.S. and the world. The U.S. Supreme Court handed down its decision in Brown vs. Board of Education; our first nuclear powered submarine was launched in Groton, Ct.; and British distance runner Roger Bannister ran the very first four-minute mile. Top record hits included: Mr. Sandman, Sh-Boom, and Shake, Rattle and Roll. Elvis appeared on the scene when his first record was played on a



FISC Norfolk Security Director Bobby Whittington stands next to a framed display of awards he received during his 30-year Air Force Career.



End of year shopping

Business wasn't quite as brisk as it was at the end of September 2003, but the last week of fiscal year '04 still brought customers out to the SuperServmart at a steady pace. Shoppers scurried about searching for items needed by their commands. The last week of September (the end of the fiscal year) is traditionally a busy one at the SuperServmart as commands use funds that won't be available when the fiscal year ends. The SuperServmart adjusted to the needs of their customers by offering extended shopping hours, and free shuttle service from SuperServmart to outlying parking areas.

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From the Commanding Officer ... Three Basic Principles

FISC Norfolk Teammates,

In my first column as your commanding officer I wanted to share with you my thoughts based on what I've seen in my first few months here and where I believe our combined efforts will take us in the future.

First, let me say emphatically that everything I have seen here confirms my initial impression during the turnover process - that impression being a committed team of exceptional professionals providing critical supplies and services on a daily basis to our customers. This was especially true during a particularly challenging end of fiscal year surge in customer requirements. The flexibility and creativity displayed by the FISC Norfolk team in maximizing the positive impact of our customer's resources was truly remarkable.

Secondly, I would like to share with you three basic principles that guide my vision on where we are as an organization, where we need to go and how we operate along that journey:

Mission First: Our fleet and industrial customers are operating in a dynamic and challenging environment and their success depends on our continued efforts to meet or exceed their requirements. Responsiveness, flexibility, and commitment to our customer demands must guide our daily efforts. We are a nation at war, and our customers are engaged in the prosecution of that war. We can never forget that.

Adding Value: We must continue to answer the CNO's challenge to develop a culture of improved productivity in everything

we do. Much has been accomplished in our efforts to improve performance and reduce cost. More must be done in order to free up resources to build the Navy of tomorrow. Working with our customers and partners, we are engaged now in many efforts to improve processes through leveraging technology and thinking creatively about how we operate. The success of those efforts is essential to realizing the future vision of the Navy.

Integrity: As supply, financial and procurement specialists, we have a special responsibility to act at all times as good stewards of the public resources entrusted to us. Fundamental to the execution of that trust is strict adherence to the highest legal, ethical and moral standards. But I believe integrity is more than that. It is a constant awareness and appreciation of how a given course of action serves the greater interest of our Navy and our nation. It is "doing the right thing" in the broadest sense of that term in our daily interactions with customers, suppliers and business partners.

These fundamental values are not new. In fact, I would submit they are part of the proud FISC Norfolk tradition over these past 85 years and an essential reason for our legacy of success.

But I believe that in these demanding, dynamic times, it is important to stay focused as we face the myriad of challenges ahead. To remember our mission, to accept the challenges of today's Navy, and to meet those challenges in a manner that honors our reputation and that of the Navy we serve.



Capt. Timothy J. Ross

As I look towards the future, I feel confident that FISC Norfolk will continue to be "front and center" in the ongoing transformation of our Navy. We bring unique and essential logistics solutions to the Navy of today and tomorrow. I am honored and excited to be joining you in this most important work and look forward to the many challenges we will face together.

**Daylight Savings Time ends
at 2 a.m. on October 31.
Remember to set your clock
back one hour.**

Supply Chest

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Task surveys shape the future of your occupational rating

By Rear Adm. D. H. Stone

Commander, Naval Supply Systems Command

In support of our Navy's revolution in training, the Center for Service Support compiled job task analysis data for each of the Supply enlisted ratings. These lists of tasks are ready for fleet validation by a task survey located on Navy Knowledge Online (NKO) at www.nko.navy.mil.

Task surveys are used to develop occupational standards, write exams, and conduct commonality studies. In addition, the surveys validate data in the 5-Vector Model. The SK survey was recently closed out, but the other Supply ratings—DK, SH, PC, and CS—still require additional fleet validation. Please advise your Sailors to update their NKO profiles prior to completing the task survey.

The importance of completing the task survey cannot be overstated, and the results will play a crucial part in charting our future in training. We need active participation in these surveys to guarantee success of this vital project, so please help us get the word out to our enlisted shipmates.

D. H. STONE

Rear Admiral, SC, USN



Rear Adm. D. H. Stone

Standard FISC organization provides consistency worldwide

By Rear Adm. Bill Kowba

Commander, Fleet and Industrial Supply Centers

One of the major aims of the establishment of Commander, Fleet and Industrial Supply Centers is to pursue a uniform way of doing business across the FISCs. With six supply centers working as a team, we are achieving this goal while acknowledging differences specific to each of their respective fleet concentration areas and associated customer bases. Another step in that direction occurred this month when each FISC aligned to a standard organizational framework.

Our FISCs do an outstanding job supporting a multitude of customers. However, our old organizational structures, which evolved over time, were very different from FISC to FISC. There were differences from a lateral standpoint, looking across the claimancy to the other FISCs and the Naval Supply Systems Command Assistant Chief of Staff functions. There were also variations when we look up to our parent command. Prior to the creation of COMFISCS, each supply center was essentially an Echelon 3 command under NAVSUP, but the organizational coding system differed from the Echelon 2 command. COMFISCS has been restructured for a better fit with NAVSUP headquarters.

Customers looking at us from the outside should have a good idea of where to go to in a supply center to obtain the required support. A ship sailing from San Diego to Pearl Harbor and on to Yokosuka, should receive consistently high quality service from a similarly shaped and codes FISC in each of the three port calls. A basic structural alignment, which is standard across the FISCs will better serve our customers. It will provide consistency and familiarization. It will also improve our synergy up and down the chain of command with NAVSUP and with existing and new customers.

Traditionally, the magic number for logistics across the military

is four, which is recognized across DoD as the logistics component. The CNO's N4, Vice Adm. McCarthy is the Navy's logistics boss. All of our logistics functions should fall under Code 040 at the COMFISCS level or Code 400 at the FISC level. As the rest of the military also uses the N4 or J4 code for their logistics functions, by aligning this way we are achieving uniformity.

I want to stress that this is not a "cookie cutter" approach for the narrow sake of uniformity. Each FISC has its differences and special partnerships with stakeholders, like the regional maintenance commands, the shipyards, the Supervisor of Shipbuilding, aviation depots and the warfare centers, which must be accepted and accommodated. I realize we cannot and should not look exactly the same. However, having a reasonable standard basic structure will improve our efficiency and service to the customer.

The standard organizational model is the right thing to do to nurture teamwork across the COMFISCS community.



Rear Adm. Bill Kowba

October is Breast Cancer Awareness Month

By Valaida P. Anderson

Every woman should consider herself at risk for breast cancer simply because she's female. Some women are considered high risk because of a strong family history of breast cancer or a personal history of breast lumps needing biopsies. My mother and three of my aunt's had breast cancer and I was considered at high risk for the disease when I was diagnosed with a rare case of fibrocystic disease in 1980. After five years of doctor's closely monitoring my disease, undergoing one lumpectomy, and many needle biopsies, I was diagnosed with breast cancer in 1985. I was scheduled for a mastectomy to be performed three weeks after my diagnosis and I was literally terrified. Even though my mother and three aunts had breast cancer it didn't become a realization to me until I was diagnosed. We always seem to think that it will never happen to us and when it does it is devastating. I immediately began to read everything I could get my hands on pertaining to breast cancer because now it was personal. My prayer life increased and I wanted

to be around people who were prayer warriors. I didn't undergo the mastectomy in 1985 because prior to my surgery date I was miraculously healed and the lump was no longer detectable with the physical examination or mammogram. I remained under close observation by my surgeon because I still had the fibrocystic disease.

I continued to perform my breast self-examinations on a regular basis and remained under close observation by my surgeon because the fibrocystic disease continued to advance at an alarming rate. When the doctors had exhausted all non-surgical means of attempting to get the disease to go into remission I was scheduled for a bilateral prophylactic mastectomy in December 1993. I am a breast cancer survivor.

I urge all you ladies to perform breast self-examinations monthly, schedule a complete breast exam by your physician at least once a year, and get a routine mammogram even if you have no symptoms and are not at high risk because they can detect things you can't feel. The general consensus is that



women between the ages of 40 and 49 should have a mammogram every one or two years, depending on their risk factors. Women 50 and older should have a mammogram every year. Many cases of breast cancer occur in women with no risk factors, and, conversely, many women at high risk never develop breast cancer. Through early detection and improved treatments, more women than ever are surviving breast cancer. Be a survivor.

Know the "Do's and Don'ts" Of CFC Fundraising

FISC Norfolk's 2004 Combined Federal Campaign (CFC) is in full swing now and that provides an excellent opportunity to review the rules regarding CFC fundraising: the "Do's and Don'ts." The CFC presents us with a marvelous opportunity to make a difference in our local, national, and international community by allowing us to voluntarily contribute to the agencies of our choice. FISC Norfolk has an ambitious goal of raising \$50,500 this year and the following is a list of activities that may be undertaken to promote and achieve that goal:

- Publicity items such as balloons, lapel pins, counter cards, and posters.
- Goal boards showing cumulative to-date campaign achievements.
- Charts or reports indicating campaign progress.
- Letters or memoranda of endorsement, or speeches, by organizational leaders.
- CFC rallies and awards ceremonies.
- Promotional events, not involving the use of appropriated funds, such as bake sales, car washes, athletic events, etc.

In conducting these activities, however, we must always remember that contributions to the CFC must be truly voluntary - any action affecting a person's ability to make a free choice about contributing would be contrary to federal fundraising policy. The following are some activities that affect that ability and may not be

undertaken:

- Supervisors, or anyone in a supervisory chain, soliciting subordinate employees.
 - Supervisors inquiring about whether or not employees contribute or the amount of their contribution.
 - Setting a goal of 100 percent participation (not to be confused with 100% contact, which is desired).
 - Establishing personal dollar goals or quotas.
- Additional CFC "Don'ts" include:
- Sponsoring raffles and lotteries that constitute gambling.
 - Offering special liberty/time off or civilian clothes privileges as an incentive or a prize.
 - Offering government property as an incentive or a prize.
 - Soliciting outside sources, such as contractors, for incentives or prizes. Contractors may voluntarily contribute, but we should not ask them to do so.

The "Do's and Don'ts" mentioned above are not meant to dampen anyone's enthusiasm for this year's Combined Federal Campaign. Instead, they are meant to enhance the experience for everyone by promoting a spirit of true voluntary giving. Personnel having any questions about fundraising activities are encouraged to call the FISC Norfolk Office of Legal Counsel at 443-1089 for advice.

U.S. Fleet Forces Command gets new Fleet Master Chief

Adm. William J. Fallon, Commander, U.S. Fleet Forces Command (FFC), announced the selection of Force Master Chief (AW/SW) Jonathan R. Thompson as the new Fleet Forces Command Fleet Master Chief here Sept. 24.

Thompson, a Sullivan, Indiana native, comes to FFC following a two-year tour as the Force Master Chief at Naval Air Force, U.S. Atlantic Fleet, also located in Norfolk. He relieves FLTCM B.L. "Buck" Heffernan, Jr., to become FFC's 12th Fleet Master Chief.

In his new assignment, Thompson becomes the command's senior enlisted advisor for over 97,000 active duty and reserve enlisted personnel who serve on the 150-plus ships and submarines, and the 79 shore activities within FFC's claimancy.

"It's an honor and a privilege to serve U.S. Fleet Forces Command. I look forward to the work ahead, and to visiting the talented men and women who serve our Navy throughout the Fleet," Thompson said.

Heffernan, a staunch Sailor's advocate, said that's the part of the job he'll miss most...taking the Navy's message directly to the troops and addressing their concerns. He currently has the distinction of being the Navy's "Old Tar," the active-duty enlisted Sailor with the earliest recorded Enlisted Surface Warfare qualification.

Since commencing his Fleet tenure in February 2002, Heffernan has overseen an immense period of change in the Navy's personnel policies, business practices, and mission requirements.

In this climate of change, Heffernan launched a concerted campaign to improve communication with enlisted Sailors, especially those serving on ships and submarines. Intent on helping them understand "Big Navy's" way ahead, Heffernan increased his visits to commands throughout the Fleet. He even wrote a weekly column for the Navy's military newspapers.

"I've done my best. I know I've made a



FCM(AW/SW) Jonathan Thompson

difference," Heffernan said. "It's been challenging to see our Navy and our people through this transition. There's just so much more I want to do."

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Memphis radio station. Gasoline was \$.21 per gallon, while a t-bone steak could be purchased for \$.95 per pound.

And, Bobby L. Whittington, of Richmond, Virginia, did two significant things. First, he married his fiancée, Miss Barbara G. Furman, of Portsmouth, Virginia; then, about a month later, he received his draft notice from the U.S. Army. This latter event motivated him to contact a recruiter from the U.S. Air Force and by that evening, he was on a plane to Sampson Air Force Base (AFB), NY, for basic training.

After completing basic training, Whittington was dispatched to Lowry AFB, in Denver, Colo., where he began training as an Air Policeman. After his indoctrination and weapons qualification, he performed law enforcement and physical security duties. During their almost four years of duty at Lowry, the Whittingtons became the proud parents of two sons, Mitch and Terry, born at Fitzsimmons Army Hospital, in the Denver area. Upon reenlistment, Whittington was transferred to Ramstein AB, Germany. There, he served in various duties within the Security Police. He worked gates, patrols, and guarded tactical aircraft and protected other restricted areas. Finally, he found his niche as assistant and then primary desk sergeant. He controlled and dispatched response forces, managed daily duty rosters of personnel, typed the daily 'desk blotters,' as well as necessary reports. During the three years in Germany, Mrs. Whittington gave birth to their third, and last, child, Cynthia, at Landstuhl Army Hospital, Germany.

The Whittingtons returned to the states in 1962 and moved to Ellsworth AFB, S.D. They lived in Rapid City and Sergeant Whittington performed duties involving law enforcement, but more so in the security arena. He was involved with the protec-

tion of B-52 bombers and KC-135 tankers. Then, Titan missiles were inserted in underground silos in the prairies of South Dakota. Whittington was selected to participate on the 'ground floor' of this project. Later, the Titans were replaced by the smaller, but much more deadly Minuteman missiles, which were also placed in more numerous silos in wheat field, cow pastures, etc. These were the major deterrents to the Communist missile threat.

In 1968 he served in the protection of the airbase at U-Tapao, Thailand and other special operations during his 12-month tour in the Vietnam theater. He earned four campaign battle stars, along with a meritorious service medal during that tour. He then returned to his family that had remained in Rapid City. By then, Whittington was a master sergeant (E-7). His reputation and abilities were well known, and it wasn't long after his return to South Dakota that he was reassigned to the USAF Security Police Headquarters, located in the Forrestal Building in Washington, DC. He was assigned as the project officer for "funds and guns," meaning he had responsibility for writing and establishing policy for the protection of monies and weapons within the entire Air Force. The 'weapons' protection standards were especially interesting since they included requirements for everything that 'went bang' from air pilots "pen-light pocket flares" to "gatling guns" that are hung under the wings of tactical aircraft. During his tour at Air Staff, Whittington was promoted to E-8, and then to E-9 (Chief Master Sergeant) at the 18-year mark of his career. One of his proudest accomplishments was serving on a two-man panel that paved the way for women to be included in Security Police duties. He and Colonel Jerry Bullock managed the test program, consisting of 12

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female volunteers, which resulted in a dramatic step for women to be included in the Security Police career. Whittington says that was one of the most important contributions he made during his career.

Other assignments followed. He was Chief of Security Police at King Salmon, Alaska, a remote site at the beginning of the Aleutian Islands. Then, he served at the Tactical Air Warfare Center, Eglin AFB, FL, as a project officer for testing of such air base ground defense items as restricted area sensors, laser beams for rifles, and 'pop-up' anti-personnel mines. He was later transferred to the Tactical Air Command (TAC) Security Police Headquarters, at Langley AFB, Va. While there, he was active in visiting all of the TAC bases, assessing security police operations and compliance with regulations. Again, he was directly involved in the welfare of enlisted security police personnel, visiting the barracks, inspecting their 'on post' working conditions, visiting the dining halls, and meeting with personnel.

Whittington considered retirement at the end of his TAC SP tour, but he was selected to serve as the senior security police enlisted person at Pacific Air Forces (Security Police) Headquarters, located at Hickam AFB, Hawaii. No one could turn down that offer, so Chief Master Sgt. and Mrs. Whittington and daughter, Cindy, made the journey from Virginia to 'paradise.' Whittington started out as an action officer for security matters, but he was quickly assigned more managerial related



FISC Norfolk Security Director Bobby Whittington looks back on his 30 years on active duty with the U.S. Air Force.

duties and oversight. He held the title of executive officer and was included in all 'high level' PACAF discussions concerning security police projects, programs and especially enlisted matters.

At the end of his four-year tour, Whittington was assigned to Homestead AFB, FL, as the base level Operations Sergeant. That took him back to his roots, at a base and squadron level assignment vice a 'headquarters staff officer' assignment. He was there for only two years, but his squadron did undergo an Inspector General's inspection, which resulted in no findings and the unit was complimented in the IG's report as having conducted "The best recall and

post-out of personnel that our inspection team has ever seen." Whittington often says his last assignment was one of his most rewarding tours, once again working at a 'grassroots level' with junior enlisted personnel.

In October 1984, CMSgt and Mrs. Whittington said a reluctant goodbye to the Air Force and their lifestyle for 30 happy and wonderful years. At that point, they had no idea what awaited them in the future, but one thing they did know – neither one was ready for true 'retirement.'

Editor's note: See the next issue of the Supply Chest for part two of Mr. Security.



Going, going, gone

After having served the fleet for so many years, the old Pier 7 demolition is just about complete. Pier 7 was a workhorse on the waterfront, located across from Building W-143 aboard Naval Station Norfolk since before World War II. While it's sad to see an old fixture leave the waterfront, the fleet is already being served by the new Pier 7 just to the south of where the old pier was. It's a state-of-the-art double-decker pier that features utility connections on the lower level, leaving the upper level free for vehicle and pedestrian traffic.

An athlete's success depends on nutrition, training, and rest

By SK2 Lorenzo Hill, FISC San Diego - SWRMC

Hello everyone. I am currently in Lake Placid, N.Y., preparing for this year's season of bobsled (bobsleigh) competition. Today, I am going to take you through an abbreviated version of a day in the life of an athlete. From nutrition, training, therapy, rest and recuperation, it seems like a ton of things to do in just a short period. To give you an idea of where I am, it's approximately 3,000 miles or 45 hours of driving from San Diego. The nearest department store is about an hour and a half away, so I have no distractions at all.

Nutrition

Breakfast starts at 7 a.m. and I am up well before that watching a movie. The food is good and I get about 1,500 calories each major meal. I try to eat as much protein and carbohydrates as I possibly can each time I sit down. Lunch and dinner is 11 a.m. and 5 p.m. respectively, where I try to get another combined 3,000 calories between the two meals. This isn't the only time I eat. I also snack between meals with sandwiches, protein shakes, fruit, gummy bears, and so on, all the while making sure I have the correct balance of vitamins and minerals.

Training

My first physical session starts around 9 a.m. It could be anything from lifting weights to doing sprint drills, to a dry-land push sled, to swimming pool workouts. My days of weight training are



Monday, Tuesday, Thursday and Friday. Leg workouts are Monday and Thursday and upper body is Tuesday and Friday. Abs are done daily, but on Wednesday, it's abs ALL the time. My sprint drill days are on Monday, Wednesday and Saturday. Tempo runs, similar to jogging, are done on Tuesday, Thursday and Sunday. I know it sounds like a lot, but it's more than that.

Therapy

Massage therapy, ice tubs, hot tubs, pool, stretching, electro-muscular stimulation, ice therapy and other methods to the madness are all used to keep me in peak shape for extended periods of time. Some of it sounds painful, but I don't mind as long as it helps me get back in the game faster.

Rest and recuperation

This is a very important part of training - getting enough sleep to function. With me, it's usually a little different because I don't sleep that much on a nightly basis with an average of about five hours a night. Sometimes that's a good thing, sometimes it's a bad thing mainly because I have to force myself to go to sleep and stay asleep.

This is just a generalization of what goes on with me at the Olympic Training Center. Just because I am not around does not mean that you can slack off on your fitness goals. I am going to continue to train and so should you. If you have any questions, comments, or concerns, e-mail me at lorenzo_hill_pha@yahoo.com.



New Lt. at DDNV

Congratulations to DDNV's Lt. Kevin Brown on his recent promotion. Assisting in the promotion ceremony was Brown's wife Shirley. She had the pleasure of pinning on his new lieutenant collar device.



Regional Supply Officer Oceana Cmdr. James Weiser congratulates SK2 Jennifer Bush after presenting her with the Navy/Marine Corps Achievement Medal.



Regional Supply Officer Oceana Cmdr. James Weiser congratulates ABF3 Katrina Yates after presenting her with the Navy/Marine Corps Achievement Medal.



Regional Supply Officer Oceana Cmdr. James Weiser congratulates SK2(AW) Curtis Williams after presenting him with the Navy/Marine Corps Achievement Medal.



Regional Supply Officer Oceana Cmdr. James Weiser congratulates ABF2(AW) Apollo Morse after presenting him with the Navy/Marine Corps Achievement Medal.



Regional Supply Officer Oceana Cmdr. James Weiser congratulates ABF2 James Hendershot after presenting him with the Navy/Marine Corps Achievement Medal.



Regional Supply Officer Oceana Cmdr. James Weiser congratulates SK2(SCW) Juan McBoyle after presenting him with the Army Achievement Medal. He received the award usually given to Soldiers because he served as an interpreter with a security team during Joint Logistics Over the Shore '04 Exercise in Puerto Castillo, Honduras.

